

SENIOR NEWSLETTER AUGUST 2014
MUNICIPAL AGENT FOR THE ELDERLY/SENIOR SOCIAL SERVICES
EASTON SENIOR CENTER LULU WITHERBEE 203-268-1137
MONDAY – FRIDAY HOURS: 10 A.M. TO 3 P.M.
OUTREACH PAM HEALY 203-261-0289

Dear Friends,

Personal message here

Update/correct or rewrite the following for 2014:

Do keep in mind the non-emergency number for the police dispatcher: 203-268-4111. Most of you realize how helpful Val, Kay, and the volunteer staff at the Easton Senior Center are on a day-to-day basis. 203-268-1145. Pam Healy's visits to senior "friends" in town, certainly brightens one's day: 203-261-0289!

Month of August, 2013 Unique Holidays:

- **Admit You're Happy Month-(Cling to *something* to be happy about *each* day) ☺**
- **Family Fun Month – (Make the most of each day with those you love)!**
- **National Catfish Month – (Don't forget the hush puppies)!**
- **National Eye Exam Month – (When was your last complete eye exam)?**
- **National Golf Month – (Clubs + Patience + \$\$\$ + Talent = an enjoyable sport). Call me "Lucy"!**
- **Peach Month-(We sure love our local farms: eat plenty of fruit each day, as MD suggests)!**
- **Romance Awareness Month – (Keep that love-light burning)! <3**
- **Water Quality Month - (Please review information in my June 2013 newsletter).**
- **National Picnic Month – (Picnics can be so simple and fun – how about the porch)?**

Weekly Events:

- **Week 1 National Simplify your Life Week – (Do it "One day at a time")!**
- **Week 2 National Smile Week – "Smile, Darn You, Smile" – It can make someone's day!!**
- **Week 3 Friendship Week – If you have just one true friend, then you are blessed!!**
- **Week 4 Be Kind to Humankind Week – Easier for some than others – make a difference!**

Sincerely,

☪ Lulu ☪

"ICE" YOUR PHONE: ICE – 'In case of Emergency' – (Quoted from an email)
"Many of us carry our mobile phones with names and numbers stored in its memory - but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends. All you need to do is store the number of a contact person or persons who should be contacted during emergency under the name, 'ICE' (In Case of Emergency). The idea was thought up by a paramedic, who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there were a nationally recognized name for this purpose. In an emergency situation, EMT's and

hospital Staff would be able to quickly contact the right person by simply dialing the number(s) you have stored as 'ICE'.

For more than one contact name – simply enter ICE 1, ICE 2, and ICE 3, etc. (What a great idea this paramedic had)! Let's spread the concept of ICE by storing an ICE number, (2 are better), in our Mobile phones today! ICE will speak for us when we are not able to". Do you have new information that I could pass on? Please let me know!

Disability Resource Center of Fairfield County: 80 Ferry Blvd. Suite 210, Stratford CT 06615 (203) 378-6977 EXT.111 TDD: (203) 378-3248 www.drcfc.org Role is to provide streamlined access to long term care services and supports for older adults and all persons with disabilities. Note: This agency accepts used hospital beds and other durable medical equipment. They restore the equipment and give it to those in financial need. (You might want to first check with the ESC to see if your used equipment is needed here). 203-268-1145.

Proper Disposal Of Prescription Drugs – DEPA guidelines:

- 1) Remove prescription drugs from their original containers.
- 2) Combine prescriptions with an undesirable substance like kitty litter or used coffee grounds.
- 3) Seal in a non-descript container.
- 3) Throw container with mixture into the trash to be incinerated at the local dump. (Do not flush down the toilet due to adding toxins to the environment).

CVS offers a mail envelope to discard medicines for a minimal fee. The important thing is to remember not to flush medicines down the toilet due to adding toxins to the environment. Check with your personal pharmacist and drug store, too.

THE FILE OF LIFE: HAS LIFE SAVING INFORMATION WHICH EXTREMELY HELPFUL IS WHEN EMERGENCY MEDICAL SERVICES RESPOND.

The kits provide a list of your medical conditions and medications which can speed treatment in an emergency both in the ambulance and at the hospital. The "file" also provides emergency contact numbers to call. Each File of Life kit includes:

- A large magnetic holder for medical information to be placed on your refrigerator
- A smaller card and holder to keep with you at all times

These kits are available by calling Lulu or Pam. (See phone #'s in letter heading).